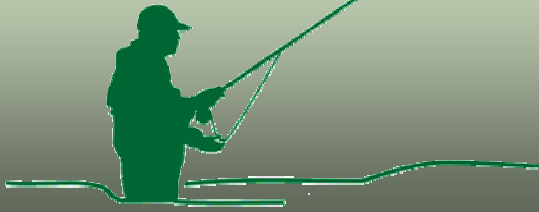


## Alpine Fly Fishers



### ***Don't miss the May program!***

Steve Worley, Of the Worley Bugger Fly Company  
Will present a program on  
***The Yakima River***

***Tuesday, May 22nd, 630 p.m. @ Nifty Fifty's***

M A Y 2 0 0 7 / N E W S L E T T E R

## 2 0 0 7 W a s h i n g t o n F l y T y i n g E x p o A n d A n n u a l M e e t i n g R e v i e w

### **In this issue:**

- Fly Tying Expo Review
- A Sad Farewell
- Nuts on Knots!
- Conservation
- Fly of the Month
- Book Review
- Casting Technique
- Calendar

***By Mike Clancy  
Secretary, WSCFFF***

When the Washington State Council of the FFF announces the date for next years fly tying expo, you best mark your calendar. The event this year in Ellensburg, Wa. April 21, was a wonderful fly tying event. Fly tyers from all over the state and some from out of state attended and demonstrated their passion for fly tying. Fly tyers of all ages were represented, 14 to "Super" Seniors. The event was well attended with lots of teaching and learning by everyone. The only reason we had to include the Annual meeting is because it is required by the Council's by-laws, the only business conducted was the nomination for next years officers. The rest of the meeting was an absolute pleasure to be in attendance. Tony and Marilyn Vitale were presented "The Jimmy Green Fly Casting Instructors Award" for their dedication and teaching fly casting over the years. The "WSCFFF Fly Tying Hall of Fame" award was presented to John Newbury for his years of contributing to the craft of fly tying and his generous gifts to the Federation. The Council nominated Jimmy LeMert as our candidate for the "Council Award of Excellence" for his outstanding commitment to the Federation in organizing and conducting programs over the years. The award will be presented at the FFF Conclave in Livingston, Mt. this summer. Our Special Guest Speaker was Captain Eivind Forseth, representing the "Healing Water Program" from Walter Reed Army Medical Center in Washington D.C. It was a very emotional presentation about his fellow wounded warriors as a result of our current war in Iraq and Afghanistan. The Captain is a real "Officer and Gentleman". The HWP program is dedicated to the physical and emotional rehabilitation of disabled military personnel and veterans through fly fishing, fly tying education and outings. Through the efforts of Joan Simonson, who crafted a beautiful "Healing Waters" quilt, a Purple Heart Fly Plate with flies tied by the wounded warriors at Madigan Hospital, and the Washington Council's Fly Plate, CPT Forseth returned to Walter Reed Medical Center with over \$3700 for The Healing Waters Project. A job done well by all representing The Washington Council of the Federation of Flyfishers. We are looking forward to next years event with both fly tying and fly casting. Don't miss it...

### **A S a d F a r e w e l l**

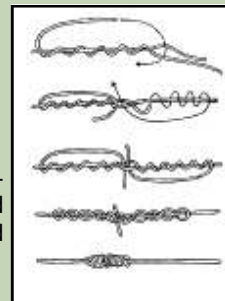
***By Bill Aubrey***

Well, the end finally came for our Hatch. I received a call from Steve Egge on April 28<sup>th</sup> that some of the guys were going to the Hatch about 5:00 to help Gary close up. Scotch might be involved. Several of the regulars, including Steve, Bob Alston, Kevin Bulley, Mike Hardouin, Jack Pettit, Al Lind, and I swapped stories and watched DVD's of past trips. About 9:00 PM, I bought Gary's last fly rod, an 11 wt Redington I don't need, and a little later, Al bought a few flies—the Hatch's last official sale. We'll all miss Gary and the Hatch and wish him the best of luck.

## N u t s   o n   K n o t s !

### By Larry

At the March meeting of the Alpine club, Pat and Jim put on a class about making your own tapered leaders. The knot used to tie the leaders pieces together was the blood knot. I for one had never really used a blood knot, I normally opted for the nail knot, but I decided to learn the blood knot since it did in fact look so simple and quick to tie.



Am I ever glad I took that class. Just a few short weeks later I was on the banks of the rivers in Thunder Bay, Ontario, going after steelhead. The rivers were all very low but the depths varied greatly and what I ended up doing was tying many blood knots to adjust the length of the leaders and also to put stops in the leaders to control the distance the weight could travel up and down the leader.

I know I tied well over a hundred blood knots that week. Every time I lost a complete leader, and that happened often due to the number of rocks we were snagging up on, I would end up tying 4 or 5 blood knots tapering my leader down to the tippet and inserting the sliding weight onto the leader.

Thank you again, Pat and Jim, for giving us that leader making class. It really came in handy.

## C o n s e r v a t i o n



Wild trout, salmon, char, and other fish have been an integral part of the economic, cultural, and ecological fabric of the Northwest for thousands of years. Over the last several decades, native fish have declined across the region, and today, many wild-fish populations face the threat of extinction.

Wild Fish Conservancy is a non-profit conservation-ecology organization dedicated to the preservation and recovery of the Northwest's native fish and the ecosystems they depend on. Wild Fish Conservancy seeks to improve conditions for all of the Northwest's wild fish by conducting important research on wild-fish populations and habitats, advocating for better land-use, salmon-harvest, and hatchery management, and developing model habitat-restoration projects. Since its founding in 1989, Wild Fish Conservancy has built a reputation for effectiveness, expertise, credibility, and a focus on the needs of the resource.

A watershed ecosystem is incredibly complex, each element interconnected. The system cannot function properly without every element present and healthy. At Wild Fish Conservancy we use the best available science to identify problems that limit ecosystem function, and advocate for the most appropriate management responses.

Only wild fish hold the genetic and life history diversity necessary for long-term adaptation, productivity, and survival. Only by preserving wild-fish diversity, as well as critical habitats, can we ensure that robust, healthy fish populations will survive to satisfy our continuing cultural and economic needs.

Wild Fish Conservancy represents no specific user groups. We are dedicated solely to the needs of Washington's wild fish. Please join Washington Trout in working to preserve this unique resource for future generations.

You can help recover wild fish and preserve an important part of the Northwest's identity, culture, and environment by joining Wild Fish Conservancy.

[www.wildfishconservancy.org](http://www.wildfishconservancy.org)

**"Wild Fish Conservancy works for the preservation of genetic integrity of wild fish stocks"**

## FLY OF THE MONTH

### **Adult Damsel Fly**

**By Pat Blackwell**

**Hook:** Dry Fly #12

**Thread:** 6/0 black

**Hackle:** Grizzly neck hackle from the bottom of the neck (over sized) palmered over the length of the thorax, trimmed top and bottom for wings (I know damsel fly's don't spread their wings this way, but it works)

**Body:** 2mm foam in blue, tan or olive. you can cut it with a razor blade or buy one of the foam cutters.



The fly isn't very durable but it is easy to repair. The body is easily torn off but easy to fix. Just cut another body, take your thread and tie it in at the base of the abdomen, a little head cement and your good to go. I've caught as many as 12 fish on one fly, put on a new one missed the fish and had the body torn off...that's fishing.

You can mark the fly with a permanent marker or not, your choice.

When the damsel's are hatching and you see trout working the reeds drop your fly in the area and wait. If you get a refusal pick your fly up and move it a couple of feet, if that doesn't work the fish may be taking nymphs on the surface or a different color of adult.

Jim Higgins was instrumental in developing this concept a few years ago on Chopaka. The fly floats well, sometimes a little Gink helps if the fishing is hot and you don't want to take the time to change flies.

## DVD & BOOK REVIEW

**Handbook Of Hatches - Introductory guide to the foods trout eat & the most effective flies to match them.**

**By Dave Hughes**

Second Edition 2005

Review By Bob Triggs



"Trout don't speak Latin"...such a seemingly simple truth. Yet no serious fly fisherman, who has studied the bugs that trout prey upon, has not at some point encountered the great divide of Latin taxonomical references in aquatic entomology- right down to counting the filaments on a mayfly nymph's gills. For most of us it is a daunting moment. When Dave Hughes released the first edition of his Handbook of

Hatches it was welcomed not only for the signature completeness in presentation, but for the author's simple approach to solving the flyfisherman's riddle of insects, hatches flyfishing and catching trout. Dave gave us permission to call a little brown bug... well; "A little Brown Bug". And we still learned something about the hatches that particular bug represented, and we caught more fish because of it, without having to learn a foreign ancient language to do it. (In the end we knew it's real name too.)

But this is not to dumb it all down- it merely makes serious study more possible and approachable. By working through this book, and learning Dave Hughes method of on-the-water trout forage identification, most anglers will undoubtedly come away with a few new latin names for bugs under their belt. You will just have more fun doing it and with a lot less formidable a teacher. For any thinker on trout this book will add a breadth of knowledge to their understanding and enjoyment of the game. This book is a bridge to the fascinating study of aquatic entomology for anyone who ever felt intimidated by that subject.

In this revisit of that same work it is refreshing to find so much of the first book still forming the structure of the new one, yet with some significant advances. Most subtly Dave includes a short list of "Axioms" at the beginning; nine rules to approach your best match-the-hatch trout flyfishing on. This sets the reader on a firm path toward a method of identification and understanding of trout prey in it's many stages of life and availability as forage in the water. I would suggest looking at that foundation list of "Axioms" often, as a guide along the route. Not to be missed are Dave's supportive commentaries on presentations and strategies for the different flies and fishing situations, including stillwater presentation. The new book features excellent full-color photography by the author, including some on-the-water scenes, and many very clear, helpful close up shots of the naturals right alongside their imitation fly patterns. Dave made sure to update the many listed fly patterns as well- with tying recipes. For those of us who tie our own this detail alone will be a Godsend. You will find Handbook of Hatches most helpful in your tackle bag all season.

# Casting Techniques

**By Carl Zarelli**

Here is a description of an extended roll cast as taught by Tom White and Gordy Hill both Masters Instructors. I have tried this method and with a little practice you can get out there quite a distance. Try the technique even if you can't do 90 feet I assure you that you will gain distance for your roll cast.

Picture this scene: Fish feeding 80 feet out in the lake and a pine forest with overhanging branches above and a carpet of pine needles is behind you. This is a perfect time to consider the use of a **really long distance roll cast**. I've encountered situations in the salt where this technique is useful ---- fishing for stripers from the sand bars of Peconic Bay or fishing for bonefish in certain conditions in the Bahamas. Tom White is the best long distance roll caster

I've ever seen. He can easily make a perfect layout with a rollcast to a target 90 feet out using a technique which he and I have been teaching. First, we need to change the students preconceived ideas about rollcasting. We start by emphasizing the idea that he

or she is going to make a perfect forward cast to a target about 50 feet away. I start by placing the student's line out with the fly 55 feet behind the caster. The rod is held in a horizontal plane with the tip pointed right at the fly and held as far back as possible. The caster is told to make an easy forward cast to the target 50 feet out in front. Having performed the horizontal forward cast several times, the student is lead by the instructor through a set-up consisting of the fly 1 1/2 to 2 rod lengths in front of the caster and a 25 foot long loop of line extending from the rod tip directly behind the casting elbow and 180 degrees from the target. The rod tip is aimed back at the apex of the narrow loop on the ground behind it and the rod is held way back with no slack between the tip and the end of the loop. The caster makes a standard forward cast to the target.

This is repeated several times with careful attention to smooth acceleration with no spike of power until late in the stroke or when the rod is **90 degrees from the target**. We add a single haul only after this task is perfected.

We now need to teach the caster to make the setup

with no help from the instructor. Tom has the student place the loop behind the casting elbow with an under-powered vertical rod plane maneuver. I prefer to have the student accurately back cast a 25 to 30 foot tight loop back using a horizontal rod plane.

We both emphasize that the set-up must be devoid of slack. Three points regarding the back cast loop pnn the ground are emphasized:

- 1) The loop must extend along an 180 degree line from the target, through the casting elbow and rod tip.
- 2) The loop on the ground must be narrow with parallel loop legs.
- 3) The rod must be pointed way back at the apex of the ground loop.

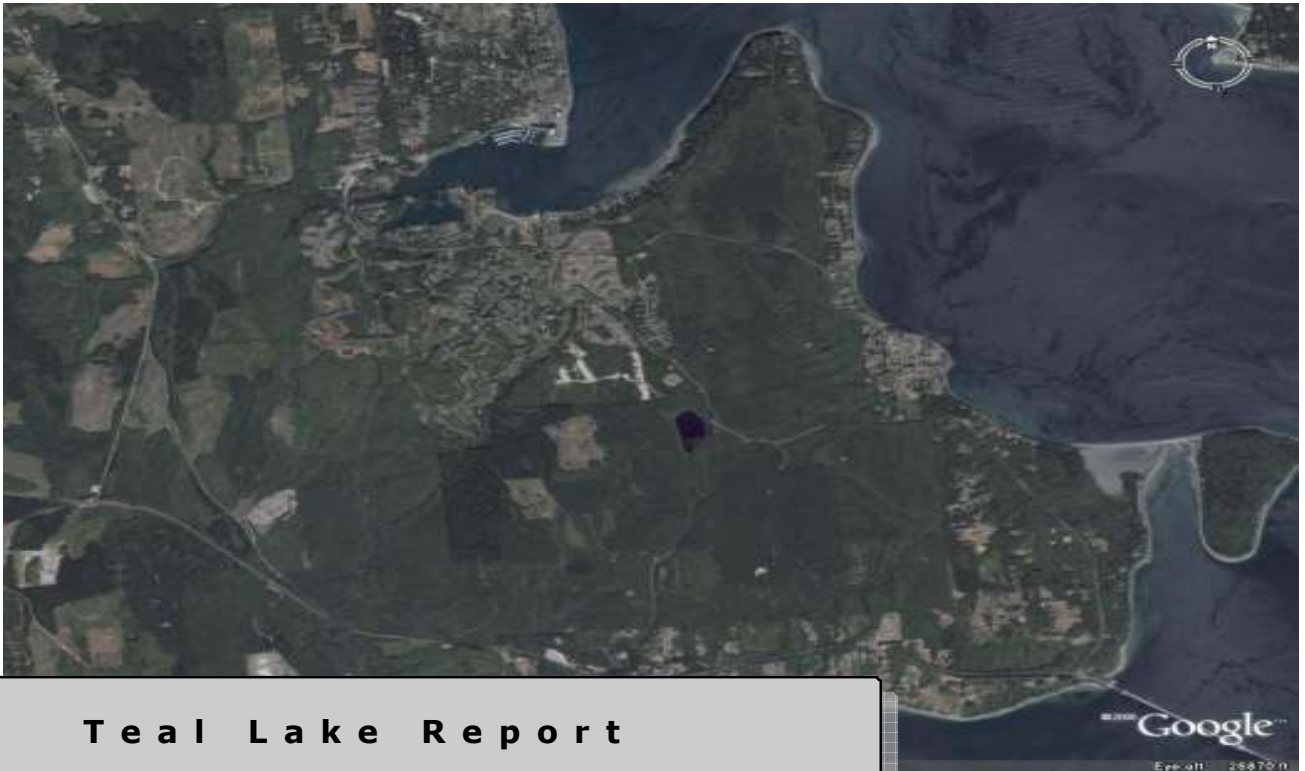
On water, the fly should be 1.5 to 2 rod lengths in front of the caster. This will vary when casting on grass. Repeated practice and adding a single haul allows most students to make 55 to 60 foot roll casts. Tom and I feel that success in teaching this cast involves some principles:

- 1) The student must develop the mindset that he/she is making a well executed standard forward cast following the static back cast layout.
- 2.) There should be **no slack** in the system. This means no sag in the line from the rod tip to the ground, no wide loop behind, and no curved back loop.
- 3.) As the needed distance increases, the stroke length and rod arc are increased for maximum tip travel. For extreme distances, this may include body motion and/or a step forward.
- 4.) As with any well executed forward cast, a smooth acceleration with "speed-up-and-stop" on the forward delivery is required.

With this method, no contrived anchor is needed, even when done on grass, because the needed load comes from the line behind the caster. This technique works best with long belly lines and fast rods.

## Sandy River Spey Clave

This year's Spey Clave was held at Oxbow Park in Troutdale, OR, just east of Portland. The 2 day event (May 5-6) was hosted by The Fly Fishing Shop in Welches, OR, and was an incredible experience. The free event even included lunch for 2 days and dinner Saturday evening. All the manufacturers were there with their full lineups—Winston, Sage, Loomis, Hardy, TFO, Burkeheimer, Meiser, Cortland, Anderson and Beulah. There was a constant program both days of classes and demonstrations, and you could cast any rod you wanted, on grass or in the river, as much as you wanted. Our group, which included PSFF members Mike Hardouin and Al Lind, will definitely be going back next May. Anyone interested in spey should plan to attend. Oh, and a couple of Andersons are rumored to be following me home.



## Teal Lake Report

This peninsula jewel is fishing well. The lake, maintained by Port Ludlow Fly Fishers, is just a few miles beyond the Hood canal bridge. It is a float tube/kickboat/pontoon boat lake in a pristine setting. Rainbows are the main attraction. Bill Fox and I fished it Friday, May 11<sup>th</sup>, with great results. Fishing from about 1:00 to 4:30, I picked up 14 fish, between 11 and 16 inches, all on a wooly worm. Bill picked up a bunch using the wooly worm, a san juan worm and a damsel nymph pattern. These are fat, aggressive fish that are hard fighters and jumpers. We always do better toward the north end.

We fished Teal again Tuesday, May 15<sup>th</sup>, with Preston Sullivan, but found the fishing a lot tougher; I only netted 5.

Club correspondence can be sent to:

Alpine Fly Fishers  
PO Box 3486  
Federal Way, WA 98036

If you have an email address allow us to send this newsletter via the internet. If your email address has changed recently, please share your new address. Visit our website at [www.alpineflyfishers.org](http://www.alpineflyfishers.org).

**Club Officers:**

President:	Bill Aubrey	253-678-3683
Vice President:	Bob Jacobs	360-897-8733
Treasurer:	Duffy Christy	253-568-7965
Secretary:	Doug Smith	253-864-0674
Ghilly:	Bob Alston	253-848-6884
Librarian:	Bruce Everett	253-278-0164

# May/June 2007

SUN	MON	TUE	WED	THU	FRI	SAT
			16	17	18	19
20	21	22	AFF Meeting 6:30 p.m. @ Niftys Fiftys	23	24	25
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	<b><i>Trips for this month!</i></b> <b><i>Teal Lake?</i></b> <b><i>Deschutes River?</i></b>	
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	AFF Meeting 6:30 p.m. @ Niftys Fifty	28	29	30